

# Welcome



*To the second  
C.A.R.E. Statewide  
Committee Meeting  
May 7, 2009*

**Dr. Kimberlydawn Wisdom**

**GWP Project Director  
and Michigan Surgeon General**

# GWP Project Vision

- **Middle school students in underserved communities are empowered to drive policy, environmental and youth behavior change.**
- **Long Range: Decrease risk for chronic disease and incidence of obesity, promote healthier communities and develop health care advocates and leaders.**



# GWP Project and Purpose

- W. K. Kellogg Foundation
- *Michigan Steps Up* Healthy Lifestyles Initiative
- Michigan Department of Community Health
- Governor Granholm's *Cities of Promise*
- C.A.R.E. Group
- Honorary Advisors

# GWP Partners

 **W.K. KELLOGG FOUNDATION**  
To Help People Help Themselves



MICHIGAN STATE  
UNIVERSITY  
EXTENSION



# GWP Update

## What's been happening since December

- **Choices Conference**
- **Youth Summit**
- **Michigan Model Training**
- **Regional Workshops**



# Overview

## **Barbara Blum, MPH, MSW** GWP Project Manager

- Notes from the December meeting
- Today's goals and objectives
- Agenda and activities
- Afternoon discussion
- Time to commit!



# What's Happening in the Schools

## Summary of Physical Activity Promotion

Patricia Blake-Smith, MSPH, Senior Local Project Coordinator

## Summary of Nutrition Activities

Heather Richards, MPH, Local Project Coordinator

## Summary of Tobacco Prevention Activities

Lisa Peeples-Hurst, BA, CPS-M, Benton Harbor Project Coordinator

# The Action Planning Process

- Involving Key Members – The Coordinated School Health Team (CSHT)
- Completing the Healthy School Action Tool (HSAT) Process
- Setting Priorities
- Generating Resources
- Implementing Action
- Evaluating and Revising Action Plans

# Physical Activity Promotion

- **PE and playground equipment purchased**
- **Walking track added; weight room created**
- **Walking /Running club activities during breakfast and lunch periods**
- **Students rewarded with extra PE class**
- **School fitness week held**



# Nutrition Activities

- **Provide healthy snacks during and after school**
- **Add healthy food choices to snack cart**
- **Have Taste-Fest Fruit & Vegetable Stand**
- **Promote healthy school parties/celebrations**
- **Start a school/community garden**



# Tobacco Prevention Activities



- **Tobacco education in health class**
- **Non-smoking messages posted on bulletin boards**
- **24/7 policy extends from school to district**
- **Student tobacco committee formed**

# GWP Action Plan Wrap-up

- Healthier school environment
- Positive health changes in student behavior
- Developing school-wide health policies
- Youth empowerment/leadership

# **GWP Youth Leadership SATs in Action**

**Carris Carey, BSB**

Student Action Team Coordinator

**Lisa Peeples-Hurst, BA, CPS-M**

Benton Harbor Project Coordinator

# Youth Leadership Development

## Youth Leadership Process

Student Action Team  
formation at GWP schools  
September

Regional Workshops  
December



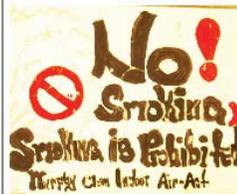
Youth Summit  
April



School and Community  
Presentations  
May / June



School Assessment  
October



Action  
January / February

Poster  
January / February



CARE Team Youth Policy Meeting  
May

# GWP Youth Leadership

## **Kosciuszko School's SAT in Hamtramck**

Made an empty  
classroom come  
alive with weights  
and treadmills.



# GWP Youth Leadership



## **Nichols Elementary School's SAT in Detroit**

Organized “No Smoking” assembly with expert speaker explaining dangers of smoking.

# GWP Youth Leadership



## **Hull Middle . School's SAT in Benton Harbor**

Started a petition for food service to change food in their school.

# GWP Youth Leadership

## **Mark Twain School's SAT in Detroit**

UofM School of  
Architecture to design  
and build new  
playground with  
walking track



# GWP Family Enhancement Project

**Jamila Stevens, MSW**

Family Enhancement Project Coordinator

# GWP Family Enhancement Project Funding Sources

- USDA SNAP/Ed Program
- Michigan Nutrition Network/MSUE  
Extension grant

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# GWP Family Enhancement Project Partnerships



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- Gleaners Community Food Bank of Southeast Michigan
- Operation Frontline
- MSU Extension

# GWP Family Enhancement Project (Nutrition Education for 16 GWP Schools Only)

- **Food preparation classes for families**



# GWP Family Enhancement Project (Nutrition Education for 16 GWP Schools Only)



- **Nutrition Education and Physical Activity Promotion Training**

# GWP Family Enhancement Project (Nutrition Education for 16 GWP Schools Only)

- **Grocery store tours**



# GWP-FEP New Collaboration

- New Partnership with Meijer
- Meijer Healthy Living Advisor Provides Nutrition Education and Grocery Store Tour



# GWP Family Enhancement Project (Nutrition Education for 16 GWP Schools Only)



- Take home kits
- All school graduation
- School wide nutrition events

# Family Enhancement Grant Activities

16 GWP Awarded Schools

11 GWP Mini-Grant Schools



- Display Boards w/Nutrition Education Messages
- School Wide Nutrition Education and Physical Activity Promotion Resource Kits

# GWP Progress Report

**Anne Murphy, PhD, RD**

Overall Evaluation Consultant

Healthy Kids Evaluation Services

# GWP Project Reach Increases

- Year I: 2,953 students in 10 middle schools
- Year II: plus 1,557 in 6 schools = 4,510
- Year II: plus 4,428 in 11 mini-grant schools = 8,938

# GWP Student Racial/Ethnic Data

- 61% African American
- 10% White
- 9% Multiple Race
- 8% Hispanic
- 7% Asian
- 5% Other

# GWP Evaluation Team

- **Dr. McCaughtry/Sara Flory**  
Cultural Competence
- **Dr. Jeffrey Martin**  
Fitness and Factors that Affect PA
- **Dr. Barry Checkoway**  
**Dr. Katie Richards-Schuster**  
Student Leadership
- **Dr. Anne Murphy:** Health Survey  
(Healthy Eating + PA + School Environment)
- **HFHS:** Data entry/management

# Preliminary Data Indicates Change

- 3.4% more had milk/cheese/yogurt
- Intake of fruit/veggies remained low
- Screen time (>5 more hours per day) decreased

# More GWP Results

- More students exercised, worked out or played sport "every day"
- More students "learn about healthy eating and nutrition at my school"
- Fewer students reported "a lot of students at my school smoke cigarettes"

# GWP Fitness Data

- Females:

(Pacer) 13.7 from 16.0;

(Push-Ups) 4.0 to 4.9

- Males:

(Pacer) 18.8 to 24.1;

(Push-Ups) 9.3 to 11.6

# Emerging Results (Year III)

- Policy Change and Development
- Important Activities to Sustain
- Lessons learned/what works

# Develop CARE Committee Ideas

## Dr. Wisdom

- Sustainability
- Youth/Education
- Collaboration
- Policy
  
- I CARE Cards

# Develop CARE Committee Ideas

## Barbara Blum

- Priority areas
- New ideas
- Timeframes
- Categorize and make “actionable”
- Report back

# Networking Lunch – Let's Eat!



# Youth Policy Discussion

**Dr. Barry Checkoway**  
**Dr. Katie Richards-Schuster**  
**Bridget Christian. MSW**

Michigan Program for Youth & Community  
University of Michigan

# Youth Policy Discussion

- Purpose and overview
- Youth leaders panel presentation
- Adult response
- Table discussion
- Report back

# Action Steps

- Student Bill of Rights
- I CARE Cards
- Evaluations

# To Infinity and Beyond!

